

LITTLE CREEK FITNESS PROGRAMS

INDIVIDUAL FITNESS PROGRAMS:

Fitness Assessments – (For Active Duty) Body weight, body fat, blood pressure, heart rate, flexibility, strength, and cardiovascular fitness will be measured using the Microfit Computerized Fitness Evaluation System.

Program Consultations – Fitness instructors will develop an individualized exercise program based on your personal goals and health history.

Equipment Orientations – Instructors will teach proper form and technique for cardiovascular and circuit training equipment. The instructors will find the proper lifting weight and seat adjustments for each individual.

GROUP EXERCISE PROGRAMS:

Step Aerobics – This is a 1-hour class with a 10-minute warm-up followed by 35 minutes of high energy stepping. Abdominal work is also included.

Interval – This class alternates between cardio aerobic and strength training.

Kickboxing – This class combines aerobics, boxing and kickboxing techniques for a great workout.

Tone – This class uses light weights and many repetitions to develop muscular definition for the total body.

Yoga – This class will reduce stress, improve flexibility and develop muscle strength.

Urban Orienteering – This is a game that provides a great cardiovascular workout and adds variety as well as competition to a physical training program.

Circuit Training – This uses different stations to combine a great muscular strength and endurance workout as well as a high intensity cardiovascular workout.

Stretching for Life – This is a class to educate proper form, techniques, and different types of stretching.

Abs/lower Back Class – This class will stress core body strength with a variety of ab and lower body exercises.